Bijlage VSBO PKL **2025**



Engels

Tekstboekje



Deana	The beautiful outdoors. I only knew the gym before. Now I have all kinds of animal friends I see during my workouts. There's a squirrel that greets me each morning – same place, same time. The happiness I feel from that daily meeting has surprised me.
Jodi	The break-up with my boyfriend that I never expected. It has allowed me to become the strong, wise, sassy and fun young woman that I am. I never knew she was hiding inside.
Lori	That I live in a country where the authorities listen to the scien- tists and health professionals.
Louisa	My friends. I have reconnected with old ones and gained new ones in my neighbors. Somehow, I feel even closer to my best friends. I am thankful for all the love in my life!
Nickolas	Time for self-care. I have been tired, stressed out and over- worked for over ten years now. Strangely enough, I have been able to take time for family, naps and relaxation. Over 100 days in a row!
Vanessa	My dad's recovery after his illness. At first it was the worst news of the year, but it turned out to be less serious than we expected. His operation was successful, and we are all so happy.

Adapted from: The Oprah Magazine

Text 2 All you need is LOVE

1

Gloria Alexis and Jeffrey Miller fell in love in a residential care center in Brooklyn, New York. This couple's wonderful story will steal your heart and fill it with hope and happiness.

The days that Gloria, 71, spent in the hospital inspired an 'aha moment' for 76-year-old Jeffrey Miller: He realized he wanted to marry his sweetheart. The two had met at Amber Court Assisted Living in Brooklyn years earlier. Gloria, a widow from Grenada, began giving Jeffrey a daily kiss on the cheek whenever she passed his table in the dining room. Soon they were eating meals side by side and watching reruns of old TV series.

2 When Gloria was hospitalized, Jeffrey decided it was time to act. He bought a diamond ring! Then he asked staffers to assist with roses and balloons. A few days after Gloria returned to the center, he pulled her onto the terrace and proposed, while staffers watched with excitement. 'She didn't see it coming,' Jeffrey admits, 'but she said yes.' He adds: 'You're never too old to find love.'



Adapted from: The Oprah magazine

- 1 Have you tried arepas? Or were you like me, a bit slow coming to the arepa table, simply because you weren't all that sure what they were. An arepa is a handmade cornmeal cake or flatbread originating from Venezuela and Colombia. It is a traditional part of South American cuisine. The arepa is versatile and healthy if the topping is healthy. It is also gluten free.
- 2 I experienced my first arepa at the little restaurant called Yhanni's Arepas and I was immediately impressed. The owner is Yhanni Pinto Alcala from Venezuela. Unlike most of her family members, she didn't grow up making arepas. She actually didn't even like cooking! Yhanni only learned the art of arepas after she moved to Bonaire in 2007 with her partner and kids, in search of a new home.
- 3 "We had been to several islands in the region and then here. We liked the quiet, the sea, the happiness of the people, the integration between the people and the classes in the schools. Everyone was kind of together, like one family. We felt welcome everywhere," says Yhanni.
- 4 While working in reservations at Buddy Dive, a man from the Venezuelan Consulate asked her if she would do a food stand for a consulate festival. A friend convinced her to do it even though

Yhanni told her she didn't like cooking. The next year she did the consulate event alone and even a few "Tastes of Bonaire" with some help from her son. By 2014 she was helping out a friend with a struggling restaurant by making arepas for him once a week. Then Yhanni began working at Patrice Rannou's Bistro at Harbour Village. Patrice Rannou suggested she make her arepas as a Friday special and they were a big hit.

- 5 Yhanni explains that with the Harbour Village Marina location, sailors, divers and locals became new arepa clients and the word spread. So much so that the owner of Coco Beach asked her to sell arepas at the beach tennis tournaments, and by the following year she was helping in their kitchen. The next thing she knew she was putting together a food stand to sell arepas to the cruise ship crowds on the beach. When the Coco Beach kitchen closed, Yhanni was suddenly the only food source available for all the cruise passengers frequenting the beach. But then in February 2020, the Chocogo Resort began construction, resulting in the closure of the Coco Beach Bar and in March Covid-19 locked down everything but takeout food service.
- 6 Yhanni still wanted to prepare and sell arepas. To make that happen, she and her friend Pam Teitel, owner of Budget Marine,

worked together to create a place to sell (takeaway) arepas. With Pam's support, ideas, and a new concept, the first arepa restaurant on Bonaire was born. Yhanni says, "My family still laughs about it, saying that I didn't even know how to fry an egg and now I have a restaurant and I love it."

- 7 Yhanni's restaurant serves 12 different types of arepas. They are filled with fresh ingredients like black beans, cheese, plantain, pork, avocado, chorizo, fish, shrimp and veggie combinations. Each arepa is made fresh per order and cooked on a grill. That is the secret to the great fresh taste.
- 8 The restaurant is available for parties or catering and they can

Adapted from: The Bonaire Reporter

even set up for karaoke on request. Diners can call ahead to order dining in or takeaway. They can drop by for a leisurely wine, beer or soda with their arepa on the patio. All arepas are served in recyclable paper containers.



1 I needed a dentist procedure on one of my back teeth and I'll admit that I was scared out of my wits. I don't do well with dentists – even just a cleaning

sends me into panic mode. That morning, as the dentist leaned in to give me an injection against pain, I began to shake and tear up. 'I'm sorry, but I am really, really nervous,' I blurted, not caring if the mother and little girl in the next treatment room could hear me. It seemed like the mom had gotten a cleaning and they were about to leave. I envied them.



2 After my shot, the dentist stepped out,

saying he would give me a few minutes to let me get numb. When he returned, he was holding a crayon drawing of brightly colored flowers with the words BE HAPPY! He said the little girl had asked him to give it to me. He taped it to the wall so I could stare at it during my procedure, and I did so. I had never felt calmer during a dentist visit. It really helped me get through the procedure, and I gratefully took the drawing home with me.

3 Have I gotten any better at enduring the dentist? No, but every time I go, I now take that drawing with me, and it helps me calm down. Knowing what that little girl did for me gives me strength. I'll be forever grateful to my anonymous little artist who knew just what I needed to get me through!

Adapted from: First Magazine

Zoos are hugely popular attractions for adults and children alike. But are they actually a good thing?

Critics of zoos use the argument that animals often suffer physically and mentally by being enclosed. Even the best zoos can't come close to matching the space, diversity, and freedom that animals have in their <u>...14...</u> habitats. This causes many zoo animals to become stressed or mentally ill. Capturing animals in the wild also causes much suffering by splitting up families. Besides, some zoos make animals behave unnaturally. <u>...15...</u> marine parks often force dolphins and whales to perform tricks. These mammals may die decades earlier than their wild relatives.

On the other hand, by bringing people and animals together, zoos can teach the public about <u>...16...</u> issues and inspire people to protect animals and their habitats. Some zoos provide a safe environment for animals which have been mistreated in circuses, or which have been abandoned. Zoos also carry out important research into animal behavior and how to treat <u>...17...</u>.

One of the most important modern functions of zoos is <u>...18...</u> international breeding programs, particularly for endangered species. In the wild, some of the rarest species have difficulties finding mates and breeding, and they might also be threatened by hunters (animals or people) and loss of their habitat. A good zoo will enable these species to live and breed in a <u>...19...</u> environment.

However, opponents of zoos say that the vast majority of captive breeding programs do not release animals back into the wild. 'Extra' animals are sold, not only to other zoos but also to circuses or hunting ranches in the US or South Africa, where some people are <u>...20...</u> to pay a lot of money for the chance to kill an animal in a fenced enclosure.

So, are zoos a good thing or not? I think they are, but perhaps it all depends on how well individual zoos are managed. In my opinion, the benefits of zoos are surely <u>...21...</u> their harmful aspects. However, it is <u>...22...</u> that many people believe imprisoning animals for any reason is simply wrong.

Adapted from: BBC teens

- I don't like changes. And that has its drawbacks. Because sometimes I'm too much of a child of my time. I grew up in the pre-internet age. All my friends were just a phone call away. If I wanted to watch something else on TV, I would get up from my chair and switch over to the only remaining network that was available. Furthermore, I created a business network by actually meeting and talking with people.
- 2 Luckily, I don't have many reasons to change. I still prefer making phone calls rather than sending text messages, I hardly ever watch TV, and in terms of work, my network is still growing without me having to make too much of an effort. I am a classical music journalist and although I enjoy using the pleasures of the internet as a worldwide encyclopedia, I don't have a website of my own. The internet can save someone like me a lot of time and travel. Stubbornly, I refuse to use the promotional possibilities of social media, like Facebook and Instagram.
- 3 Recently, I was babysitting my grandchildren, almost two and four years old. They have a large smart TV at home and they have their favorites. For the youngest, my granddaughter, it is Peppa Pig, a piglet embarking on everyday adventures. Somewhere on an obscure channel, many episodes of this cartoon series are hidden. Unlocking the episodes is a matter of turning the TV on and finding the right channel with the help of the remote control. (Problem number one: which remote? There were several lying around ...) My four-year-old grandson handed me the correct one. It was completely puzzling and complicated looking.
- 4 After a few minutes of helplessly fumbling on my part (I could not make sense of that annoying and incomprehensible home page of the TV), my grandson grabbed the remote back with an irritated sigh. 'Look, grandpa, this is how you do it!' And within a few seconds his sister was sitting on the couch totally pleased, watching a new episode of Peppa Pig.



5 I have no idea how my grandson did that. Maybe I should, if only for the benefit of my grandchildren, go change with the times a little bit more.

Adapted from: entrepreneurcaribbean.com

1



These two handsome vound boys are inseparable! They eat together, sleep together, chill together, walk shoulder to shoulder together, and are always ready for human attention together. Both seven months old. Yuki (black) is about a week older than Bali. Yuki arrived after being rescued by Animal Rescue; a few weeks later, Bali's owner passed away and he was taken to the shelter. But neither were interested in hanging out with the other animals! The two cats bonded immediately and have been best friends ever since.

- 2 The shelter would really love to have these two cats go to the same 'fur-ever' home. They are so close that it would be really sad if they were separated. Yuki and Bali are both very laid-back kittens, always ready for love and attention from humans... and usually sleeping or cuddling together the rest of the time. They are definitely not animals that require high maintenance and they would be a loving and warm addition to any home. Two is often better than one, as these two keep each other company when you are at work or away.
- 3 Please come and meet Yuki and Bali. You will surely fall in love with these buddies, just as the shelter staff has. You can visit them Mon-Fri 9 am-12 pm and 3-5 pm, Sat 9 am-3 pm nonstop at Kaminda Lagun 26. You can also call or WhatsApp 701-4989 to make an appointment to meet them.

Adapted from: animalshelterbonaire.com

This is Logan Edra, a famous B-Girl (as female break-dancers are known), from California.

I started using an appointment planner when I was 6 years old. Not that I had many appointments – but I had to keep track of 'school,' 'homework,' 'play with dog' and 'eat lunch' somehow.

2 My dad noticed how orderly I was and how much I kept to myself, and he wanted to make sure I was socializing with other kids. I was 9 when he – almost literally – pushed me into hip-hop dance classes. He had grown up in the 80's and he thought this might be the perfect way to free me from my shyness. Trying to imitate the older dancers' moves, I was stunned, but so thrilled. My dad eventually gave me my nickname, Logistx, because of my obsession with organizing and details.



- 3 Dance was scary in a good way. It was like a roller coaster that terrified me, but after the ride finished, all I wanted was to get back on. It certainly pushed me outside my comfort zone. I've already been to Taiwan, China, India, England and Hungary to do head spins and cartwheel flash kicks. With each opportunity to travel, perform and share with others, my horizons have expanded – and my art is expanding along with them.
- 4 I've been offered jobs teaching choreography. I have appeared in movies, TV series and on TV shows, and I've produced a mini-documentary about African dance. My dream is to compete in the Olympics. Break dancing has recently been added as a new category in the Olympics, which is huge.

Adapted from: The Oprah Magazine

- 1 I adore my teenage daughter Jill, but she's addicted to texting and messaging me countless times a day about little, unimportant things that she's doing. I've told her I don't have time to respond to everything she sends me, but then she'll text me about that, telling me I need more rest.
- 2 While driving home one night after my shift, working long hours as a restaurant manager, I was so tired, I could barely keep my eyes open, and the quiet country road in the darkness didn't help. Next thing I knew, I was shaken by a *ping* coming from my cellphone. I gasped, realizing that I had fallen asleep and had changed lane into oncoming traffic! Quickly, I pulled back into my lane, narrowly avoiding a serious car accident.
- 3 I did not read Jill's text until I got home. It said: *Maria isn't speaking to me. She thinks I'm the worst friend in the world*! I drew in a sigh, and texted back: *I disagree. In fact, you're my hero*!

Adapted from: First Magazine

Text 10 My sweetest Valentine

'Get down, Chloe,' I snapped, scooping my cat up from the desk in my home office and placing her on the floor. Usually, I let her sit near me, but today was Valentine's Day and I wasn't in the best of spirits. Being single, and without a date in years, it wasn't my favorite holiday. I did, however, buy myself a bag of those little heart candies with messages and poured them on my desk in a lame effort to feel a part of it all.

Just then Chloe jumped back onto the desk, and before I could move her, she placed a paw next to one of my candy hearts and gently pushed it toward me. When I picked it up, I burst into tears. It said: *4-ever yours*. Chloe purred as I kissed her, my depression dissolving into happy giggles. 'That's what you are,' I said. 'And you're the best Valentine I could wish for!'



Adapted from: First Magazine